

# WEST WINDS

NEWSLETTER FOR GOODWIN HOUSE BAILEY'S CROSSROADS

3440 S. Jefferson Street, Falls Church, VA 22041 - [www.ghbcresidents.org](http://www.ghbcresidents.org)

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**YOU ARE CORDIALLY  
 INVITED TO A  
 GARDEN PARTY**  
**Wednesday, May 15**  
**3:00—4:00 p.m.**

Enjoy refreshments outside of the Formal Parlor as you embark on an educational visit to the Knoll Garden to learn about our beautiful garden from Grounds Committee experts. Listen to soothing music from Harpist Iraida Poberezhnaya as you soak up the spring scenery! Wear a hat, if you wish, for this festive occasion. Rain location is the Crossroads Art Gallery.

# GH

**GOODWIN HOUSE**  
 BAILEY'S CROSSROADS

## **PIANO CONCERT**

GHBC Resident Ben Wilmot will offer a Piano Program with commentary featuring the romantic ballads of Berlin, Kern, Gershwin, and others on **Monday, May 13, at 7:15 p.m. in the Auditorium.** He also will offer some anecdotes and commentary on the songs and their composers.



## **BROADWAY SONGWRITERS SERIES**

**Thursday, May 16**

**2:00 p.m. In the Auditorium**

Join GHBC Resident Dan Dietz on Thursday, May 16, at 2:00 p.m. in the Auditorium for a look at **BETTY COMDEN & ADOLPH GREEN.** The talk will focus on the team's free-wheeling, happy-go-lucky musicals about life in the "small town" of New York City. The musicals are *On the Town*, *Wonderful Town*, *Bells Are Ringing*, and *Subways Are for Sleeping*, and each show will be represented with a cast album selection or two. The talk will last approximately 60-75 minutes, and also will touch upon other Comden and Green musicals for stage (*Peter Pan*) and screen (*Singin' in the Rain*, *The Band Wagon*, and *It's Always Fair Weather*).

## **WASHINGTON BALALAIKA SOCIETY**

**Thursday, May 16,**

**7:00 p.m. In the Auditorium**



Russkie Musikanti, an ensemble of the Washington Balalaika Society will have a concert on Thursday, May 16, starting at 7:00 p.m. in the Auditorium. They are the largest Russian Folk Orchestra in the United States. Wearing Traditional

Russian costumes, they perform on authentic Russian folk instruments. Join them as they bring the music of Russia and Eastern Europe to Goodwin House Bailey's Crossroads!

## AROUND THE COMMUNITY

### FROM DINING SERVICES

- Dining Services will have a Picnic Buffet on Monday, May 27, for Memorial Day from 11:30 a.m.—1:00 p.m. Reservations are required, so please call Ext. 7645, and remember no more than six per party.
- Residents are encouraged to use the area designated for rollators/walkers in the Bistro for safety. Staff are more than willing to assist you if needed.

**SUITCASES FOR SWAZILAND** is working really well. This week I delivered the latest bunch. We now have donated 121 suitcases from Alexandria and Bailey's Crossroads residents and Priority Club members. I will continue to collect suitcases as long as you have them. We have the whole winter to receive them. If you have a suitcase to donate, contact me at Ext. 3111, and I will arrange to pick them up. Thank you all for your generosity! Otto Reinbacher



### SUNDAY CHAPEL HYMNS FOR SUMMER

**Have a favorite hymn you would like to sing during the summer?** During the summer, we hope to sing some of YOUR favorites during the 10:30 a.m. Chapel services. If you have a favorite hymn (and tune), please submit the name (and if you know it, the tune name in case there are several, as we want to make sure we sing YOUR favorite) to Chaplain Theresa Brion by email ([tbrion@goodwinhouse.org](mailto:tbrion@goodwinhouse.org)), in person at her office, or by mailbox at the front desk. Slips of paper are in the Chapel, or you can just write it on a piece of paper (or in an email), along with your name, and send to Theresa. Thank you! Organist Ruth Bedell and Chaplain Theresa look forward to seeing and singing your favorites this summer.

### COMMUNITY CORNER

Did you know we have a resident ambassador to Kenya? Well, that is what I call Georgia Fuller who, when she goes to Kenya each year, takes support from GHBC with her. She has been a volunteer visiting lecturer at the Friends Theological College in Kaimosi, Kenya since 2011. Kaimosi is part of a mile-high tropical rainforest on the western rim of the Great Rift Valley. The economy largely depends on subsistence farming. April is the time of year Georgia usually flies to Kenya to teach in an intensive program...forty class hours in eight days! Last year, she was instrumental in starting a children's section of the college library with a donation from Anna Rockey. In this part of Kenya, few people can afford to buy books. In one year, this section has grown to at least 60 books thanks to an additional \$400 contribution from Georgia, her sister, and B.J. Harrick. The college Librarian said "we are now able to encourage the culture of reading in our younger generation". In addition, there are other donations from GHBC that travel with Georgia. Eye glasses from the Lions Club are given to the college students and to the widows in Kuwesa, a village project next door to the college. (A pair of reading glasses cost several days' wages for many people in western Kenya.) This project has provided the organization of sewing cooperatives for widows who need to generate income in order to support their children.



Georgia has adopted/sponsored young men and women in order for them to attend the college and has brought several of them to the USA to visit us. Georgia is always glad to share her experiences!

## **Blessed Ramadan! Ramadan Mubarak! to our Muslim Friends and Colleagues!**

Ramadan 2019 began with sundown Monday, May 6, and will end at sundown on Tuesday, June 4. Ramadan is a very special month of fasting, prayer, worship, and spiritual and family connection. We wish each of you who celebrate Ramadan a blessed one.

Ramadan comes with its own greetings. Dr. Emilie Zuniga, creator of the Arabic language learning course for Duolingo, provided *Newsweek* (and thus the Westwinds readership) with some phrases that we can all learn during Ramadan.

- "Ramadan kareem", which means "Ramadan is generous"
- You would respond to this with, "Allahu Akram", God is more generous"
- "Ramadan mubarak", which means "Blessed Ramadan"
- You would respond to this with, "Allah yubarek fik/fiki" – "May God bless you"
- When you get to eid at the end of Ramadan, you say "Eid mubarak" ("blessed eid")
- You can also use "kull am wa antum bi-kheir", which is also commonly used for all holidays and birthdays

## **CYBER SECURITY**

### **STAYING SAFE, ONLINE AND OFF**

Cybercriminals have learned that the easiest way to get around your computer's defenses isn't hacking and cracking, it's tricking you into letting them in. What the criminals do is take advantage of your trust, curiosity or fear to convince you to let down your guard. They use these tactics because it is often easier to exploit your natural instincts than it is to hack your software.

#### ***Warning signs:***

- The message is unexpected.
- There is a sense of urgency.
- It is too good, or bad, to be true.
- It asks for information that you would normally know not to give a stranger.
- Links are either pointing to a different site than what appears or have misspellings or a different domain (e.g., welsfargo.net).
- It grabs your attention with "unbelievable results" or "life changing" information. Even if the link isn't installing malware, quizzes that get you to share information can be harmful too.

#### ***How to stay safe:***

- **When in doubt, throw it out.** If it looks suspicious, delete it or mark it as junk. Don't click on pop-up ads. Don't call numbers from internet ads.
- **Think before acting.** Contact the company or person directly using information on your account statement, the company's official website or your own address book. Don't trust contact information in a potentially malicious communication.
- **Use unique passwords for each account.** It's best to use a strong password that is at least 12 mixed characters long and is different from all your other passwords.

## UPCOMING EVENTS

### **Join us for a Talk on Integrative Health, Thursday, May 23, from 3:30 - 4:30 p.m. in the Auditorium**

Dr. Mikhail Kogan, MD, founding Board Member of the American Board of Integrative Medicine, will be giving a talk on integrative medicine. Combining conventional medical care with complementary medicine, integrative medicine's goal is to treat the whole person, not just the symptoms of disease.

### **It's time for baseball! On Memorial Day weekend, Monday, May 27**



We plan a trip to see the Nationals play the Marlins. **The bus will leave here at noon. Game time is 1:05 p.m.** Our seats are in section 132, rows TT and UU, seats 18-24 in each row. The seats come with a \$15 concession bonus (good for hot dogs and other goodies). At game's end – and if time permits -- there is an opportunity to walk the bases. The bus will depart for home about 4:30 p.m.

This trip is not friendly to those with rollators – there will be walking and steps involved. The cost (including bus transportation) will be \$65. Sign-up sheet is in the Resident Business Center.

### **BERMUDA IN SEPTEMBER**

Spring is slowly arriving – and soon it will be another hot, humid summer. But relief will come in September, and that's also when you have an opportunity to cruise to Bermuda, where the average temperature will be balmy (high 84, low 75).

Bermuda hasn't moved. It is still far out in the Atlantic, over 800 miles due east of Charleston, SC. Hurricanes? Although the season runs from June to November, hurricanes usually give Bermuda a pass. Royal Caribbean offers a cruise leaving from Baltimore on September 14 and returning on September 19. All cruises fill quickly. Don't delay. You can book directly with Royal Caribbean. If you wish, make your reservation with your own travel agent or use my favorite agent, Shillelagh.

If you want bus transportation to the cruise terminal, or for more information, call Carolyn Buttolph at 703-842-3177 (email her at [ckbuttolph@aol.com](mailto:ckbuttolph@aol.com)).

### **PHILLY ART MUSEUMS**

In March, we enjoyed the trip to the Philly Flower Show. Now, we plan another trip to Philadelphia. This trip we will visit three great sites – the Museum of Art, the Rodin Museum, and the Barnes Collection.

**We will leave here on Wednesday, October 23.** We'll arrive in Philly about noon and lunch at the Museum of Art. Later, when we leave, we'll go to a restaurant for dinner. Afterwards, we'll go to our hotel.

In the morning, on Thursday, October 24, we'll head for the Rodin Museum. From there, we'll go to the Barnes Collection. Then, after a late lunch, the bus will pick us up about 2:30 p.m. and start for home.

The cost will be \$265 per person (double occupancy). Single occupancy is \$334. Of course, admission to all three art museums is included, as is transportation by motor coach, dinner, hotel, and breakfast. Also, expect snacks and water as we travel by motor coach.



## HIGHLIGHTS AND FILMS

### WHATNOT SHOP

The **WhatNot Shop** is open to receive your unwanted, but clean items on **Thursday, May 16, from 10:00 - 11:30 a.m.** Don't forget to ask for a receipt.

### EXCELLENCE IN ALL WE DO CUSTOMER SURVEY

The Excellence in All We Do Customer Service Advance Team sent a resident satisfaction survey out to everyone on Thursday, May 2, via e-mail. **The deadline for submission is Friday, May 17.** We would love to hear from you! For anyone who would like assistance in completing the survey, we will have technology volunteers available in the Rotunda with iPads at the following dates and times:

#### Join us in the Rotunda

- Monday, May 13            1:00 - 4:00 p.m.
- Tuesday, May 14         1:00 - 4:00 p.m.
- Wednesday, May 15     1:00 - 4:00 p.m.
- Thursday, May 16        3:00 - 4:00 p.m.
- Friday, May 17            1:00 - 4:00 p.m.

### FROM THE GREEN TEAM



TOPS of bottles and jars may be left ON or OFF when placing into recycling bins. This is a new policy from Fairfax County Waste Management.

**Recycling Reminder:** Please do NOT place PLASTIC BAGS in the recycling bins. If you collect your recyclables in a plastic bag, please empty them from the bag when you place them into the bin. Thank you.

### FILMS THIS WEEK

**TUESDAY MOVIE – THIS AIN'T NO MOUSE MUSIC!** - Roots music icon Chris Strachwitz is a detective of sounds, an archaeologist of deep American music, the antithesis of the corporate mouse music that dominates the American ear. Born a German count, Strachwitz fled his homeland after WWII at 16. In the United States he discovered, and shared, a musical landscape that most Americans missed. **Tuesday, May 14, 2:00 p.m. in the Media Room.** 2014, NR, 1 hour 32 minutes

**WEDNESDAY GREAT COURSES - MYTH IN HUMAN HISTORY - Myth in Human History,** Episodes 17 & 18: Myth in human History. Shamans and Vegetation Gods, and Sky Gods and Earth Goddesses. **Wednesday, May 15, at 3:00 p.m. in the Media Room.**

**SATURDAY EVENING MOVIE – VICE** - Focusing on his powerful two-term tenure as second in command to U.S. President George W. Bush, this biographical drama chronicles the long and controversial political career of Dick Cheney. **Saturday, May 18, 7:15 p.m. in the Auditorium.** 2018, R, 2 hours 12 minutes



# LET'S GET FIT TOGETHER

## **Fitness Walking Trip: DC WHARF**

**Thursday, May 16**

**10:00 a.m.**

The Wharf reestablishes Washington, DC, as a waterfront city and destination. This remarkable, mile-long stretch along the Potomac River comes to life with restaurants, retailers, residences, and businesses—all complemented by monumental views and a vibrant culture.

This is an outside walk so the paths will be uneven, so please wear gym shoes and comfortable clothes. We will be leaving on Thursday, May 16, at 10:00 a.m. from the main entrance.

**Sign up in the Resident Business Center or contact Sherry Compton for more information Ext. 7331.**



### **MONDAY, MAY 13**

Total Body, Fitness Center, 9:00 a.m.  
 Total Body, Aerobics Room, 9:00 a.m.  
 Chair Yoga, Aerobics Room, 10:00 a.m.  
 Aqua Jam and Tone, Pool, 10:00 -10:45 a.m.  
 Brain Body Balance, Aerobics Room, 11:15 a.m.  
 Chair Fitness, Fitness Center, 11:30 a.m.  
 Fitness Orientation, Fitness Center, 2:00 p.m.  
 Yoga Length & Strength, Aerobics Room, 2:15 p.m.

### **TUESDAY, MAY 14**

Stretch and Flex, Aerobics Room, 8:15 a.m.  
 Get Started, Fitness Center, 9:00 a.m.  
 Masters Fit, Aerobics Room, 9:00 a.m. **CANCELLED**  
 Water Balance, Pool, 10:00 a.m.  
 Pilates Video, Aerobics Room, 10:00 a.m.  
 Tai Chi, Aerobics Room, 11:00 a.m.  
 Line Dance, Aerobics Room, 2:00 p.m. **CANCELLED**  
 Wii Bowling, Aerobics Room, 3:00 p.m.

### **WEDNESDAY, May 15**

Total Body, Fitness Center, 9:00 a.m.  
 Total Body, Aerobics Room, 9:00 a.m.

Beginning Thai Chi, Aerobics Room, 10:00 a.m.  
 H2O Fitness, Pool, 10:00-10:45 a.m.

### **THURSDAY, May 16**

Stretch and Flex, Aerobics Room, 8:15 a.m.  
 Get Started, Fitness Center, 9:00 a.m.  
 Fitness Walking Trip, Bus departs at 10:00 a.m.  
 Core & More, Aerobics Room, 10:00 a.m.  
 Chair Fit, Fitness Center, 11:30 a.m.  
 Line Dance, Aerobics Room, 2:00 p.m.

### **FRIDAY, May 17**

Total Body, Fitness Center, 9:00 a.m.  
 Total Body, Aerobics Room, 9:00 a.m.  
 Aqua Jam and Tone, Pool, 10:00-10:30 a.m.  
 Brain Body Balance, Aerobics Room, 10:00 a.m. \$\$\$

### **SATURDAY, May 18**

Total Body Video, Aerobics Room, 9:00 a.m.

**NOTE:** Every Thursday, the Jacuzzi will be closed at 2:00 p.m. for cleaning. We apologize for this inconvenience and ask that you enjoy the Jacuzzi on other days and times listed on the schedule.

# INSIDE THE ART CENTER

## Monday, May 13

**10:00 a.m. – 12:00 p.m. – Resident Exhibition Artwork Drop-off** – Each resident can display up to two pieces of original artwork that has not been displayed before in Crossroads Gallery. The Resident Exhibition runs through Monday, July 8, 2019, and the artist talk and reception takes place on Sunday, June 9, 2:00 p.m. – 4:00 p.m. in the Atrium.

**1:00 p.m. – Art Film – The Great Artists** – Art historian Tim Marlow explores the lives and works of the greatest artists in history in this 14-part series. This week the documentary covers the life of Rubens and Velazquez.

## Tuesday, May 14

**10:00 a.m. – Ceramics** – Continue to work on ceramic projects from Saturday's class or develop your own independent ceramic project.

**1:00 p.m. – Ink Gel Bookmarks** – Using a variety of colorful Japanese gel ink pens, create a series of beautiful bookmarks! An assortment of different types of paper to work with are available, as well as colored strings to add tassels to your bookmarks.



## Wednesday, May 15

**10:00 a.m. – Jewelry Making** – Resident artist and jewelry expert Sandy Bohannon will teach you all there is to know about making a beautiful piece of jewelry! This class is for beginners and advanced jewelry makers.

**1:00 p.m. – Ink Gel Bookmarks** – Continue working on your art individual bookmarks!



## Thursday, May 16

**2:00 p.m. – Woodcarving** – Master woodcarvers Joel and Mike will teach you all there is to know about woodcarving. Come to the class and see some of the projects residents are currently working on. Joel and Mike will show you in a simple step-by-step process how it's done!

## Friday, May 17

**9:45 a.m. – Wet on Wet Watercolor Painting** – Come discover this fun technique of applying clear water to paper then painting over the surface with watercolor paint!

## Saturday, May 18

**10:00 a.m. – Ceramics Class** – Instructor Ellen Smithey is back ready to lead the class in another exciting project! Smithey has a degree in ceramics and will teach you techniques to create beautiful pieces of ceramic art! This class is open to all skill levels.

*A complete list of daily events, meetings, and classes (with descriptions) can be found on "Today's Events" at [www.ghbcreidents.org](http://www.ghbcreidents.org)*



## ASSISTED LIVING PROGRAMS

### Monday, May 13

10:45 Exercise with Joanne (CR)  
 11:15 Chaplain Visits (CRS)  
 11:15 Book Club with Ruth (CR)  
 2:00 Afternoon Netflix Movie (FR)  
 3:30 Giant Crossword (HCC)  
 4:15 "The Tate Family" (CRS)

### Tuesday, May 14

10:45 Exercise with Joanne (CR)  
 11:30 AL Resident Meeting with Ruth Reagan (CR)  
 2:00 Juice Tasting (CRS)  
 3:00 Beads w/ Ms. B (CR)  
 4:00 Movie & Snacks (FR)

### Wednesday, May 15

10:45 Exercise with Marc (CR)  
 2:00 Perspectives on the news (SS)  
 2:30 Scrabble (CR)  
 4:00 Music with Bob & Anne (CRS)

### Thursday, May 16

10:30 Exercise with Ellen (CR)  
 1:30 Art w/ Anthony (CR)  
 2:00 Sonnets & Such w/ Sharon (CR)  
 3:30 Refreshment Cart (CRS)  
 4:45 Piano w/ Dot (CRS)

### Friday, May 17

10:30 Food for Others Service Project (HCC)  
 10:45 Exercise w/ Elizabeth (CR)  
 3:00 Afternoon Social on the Patio (HCC)  
 4:00 Movie & Wine (FR)

### Saturday, May 18

11:00 Resident Choice: Movie/ TV/ Music (CR, FR, CRS)  
 1:00 Saturday at the Opera (MR)  
 3:00 Refreshing Snacks & Piano w/ Heather (CRS)  
 7:15 Movie: *Vice* (AUD)

### Sunday, May 19

10:00 Catholic Communion (TOW)  
 10:30 Holy Eucharist (CH)  
 10:45 UUCA Fellowship (BR)  
 11:15 UUCA Service (BR)

## HEALTH CARE CENTER PROGRAMS

### Monday, May 13

10:30 Bible Study  
 11:00 Stretch & Tone  
 2:30 Library/ Art Gallery Visits  
 3:30 Giant Crossword Puzzle & Cappuccino  
 7:00 Ben Wilmot Piano Concert (AUD)

### Tuesday, May 14

9:30 Morning Coffee & Chat  
 10:30 Famous Photo Day  
 11:00 Staying Fit Exercise!  
 11:30 HCC Resident Council Meeting  
 2:00 Outdoor Strolls  
 3:30 Food Fun Fact

### Wednesday, May 15

9:30 Coffee & Conversation  
 10:30 Agriculture Word Game  
 11:00 Chair Fitness!  
 2:30 Knitting & Crocheting Group  
 3:30 Snacks & Chat

### Thursday, May 16

9:30 Coffee & Chat  
 10:30 Word in a Word Game  
 11:00 Sit & Be Fit!  
 11:30 Morning Hydration  
 2:30 Cappuccino on Wheels  
 4:00 Sing-a-Long w/ Hank Lewis

### Friday, May 17

10:30 Service Project for the Arlington Food Bank  
 11:15 Coffee & Chat  
 3:00 Afternoon Social on the Patio  
 3:30 Wine on Wheels

### Saturday, May 18

10:30 Categories Word Game  
 11:00 Morning Exercise  
 11:30 Morning Hydration  
 4:00 Piano Music w/ Heather

### Sunday, May 19

10:00 Joel Osteen Ch.5  
 10:30 Daily Chronicle  
 1:15 HCC Sunday Service  
 3:30 Puzzles & Games



# May 13 - MAY 19

## MONDAY, MAY 13

**Resident Art Drop-off**, Art Center, 10:00 a.m.  
 Memoirs, Smith Study, 11:00 a.m.  
**Art Film: The Great Artists**, Media Room, 1:00 p.m.  
 Scrabble, Game Room, 2:00 p.m.  
 Mexican Dominoes, Game Room, 7:00 p.m.  
 Duplicate Bridge, Card Room, 7:00 p.m.  
**Piano Concert, AUD, 7:15 p.m.**

## TUESDAY, MAY 14

**Resident Dining Committee**, Board Room, 9:30 a.m.  
**Ceramics**, Art Center, 10:00 a.m.  
**Shopping Shuttle**, Departs at 11:30 a.m.  
 Drop-in Grief Support Group, Smith Study, 1:00  
**Ink Gel Bookmarks**, Art Center, 1:00 p.m.  
 Knit for Kids, Art Center, 1:30 p.m.  
**Matinee: This Ain't No Mouse Music!**, Media Room, 2:00 p.m.  
**Newcomers et al.**, Formal Parlor, 4:00 p.m.  
**Lincoln Society**, TOW, 4:30 p.m.  
 Bridge, Card Room, 7:00 p.m.  
 Poker, Game Room, 7:00 p.m.

## WEDNESDAY, MAY 15

Technology Class, Board Room, 10:00 a.m.  
 Finance Committee, Pointe Staff Conference Room, 10:00 a.m.  
**Holy Eucharist**, Chapel, 10:00 a.m.  
**Jewelry Making**, Art Center, 10:00 a.m.  
**Culinary Passport Trip: Peking Gourmet**, Bus Departs at 11:00 a.m.  
 Contemplative Worship, Smith Study, 11:00 a.m.  
**Ink Gel Bookmarks**, Art Center, 1:00 p.m.  
**Goodwin Players**, Pointe Staff Conference Room, 1:30 p.m.  
 Perspectives on the News, Smith Study, 2:00 p.m.  
**Garden Party**, Knoll Garden, 3:00 p.m.  
**Great Courses - Myths**, Media Room, 3:00 p.m.  
 Bridge, Card Room, 7:00 p.m.  
 BINGO, TOW, 7:00 p.m.

## THURSDAY, MAY 16

UUCA Covenant Group, Smith Study, 10:00 a.m.  
**WhatNot Shop, DONATIONS**, 10:00 - 11:30 a.m.  
 Rummikub! Game Room, 2:00 p.m.  
**Woodcarving**, Art Center, 2:00 p.m.  
**Songwriters Series**, AUD, 2:00 p.m.  
**Green Team**, Board Room, 3:30 p.m.

## THURSDAY CONTINUED

Contemplative Worship, Chapel, 4:30 p.m.  
 Scrabble, Top of the West, 7:00 p.m.  
 Duplicate Bridge, Card Room, 7:00 p.m.  
**Balalaika Concert**, AUD, 7:00 p.m.

## FRIDAY, MAY 17

**Wet on Wet Watercolor**, Art Center, 9:45 a.m.  
 Mah Jongg, Card Room, 10:00 a.m.  
**Giant Shuttle**, Departs at 11:30 a.m.  
**Encore Chorale**, Auditorium, 1:00 p.m.  
**Fine Arts Committee**, Art Center, 2:00 p.m.  
**Happy Hour**, BC Lounge, 4:00 - 7:00 p.m.  
 Poker Game, Game Room, 7:00 p.m.  
 Mah Jongg, Card Room, 7:00 p.m.

## SATURDAY, MAY 18

**Ceramics Class**, Art Center, 10:00 a.m.  
 Croquet, Front Lawn, 11:00 a.m.  
**Opera Afternoon**: Media Room, 1:00 p.m.  
 Rummikub! Game Room, 2:00 p.m.  
 Bridge, Card Room, 7:00 p.m.  
**Movie: VICE**, AUD, 7:15 p.m.

## SUNDAY, MAY 19

**Community Coffee Hour**, Formal Parlor, 9:45 a.m.  
 Catholic Communion Service, TOW, 10:00 a.m.  
**Holy Eucharist**, Chapel, 10:30 a.m.  
 UUCA Fellowship, Board Room, 10:45 a.m.  
 UUCA Service, Board Room, 11:15 a.m.  
 Bridge, Lesson and Play, Card Room, 2:00 p.m.  
**Compline Service**, Chapel, 7:30 p.m.

### **EXCELLENCE IN ALL WE DO: CUSTOMER SATISFACTION SURVEY**

The survey was emailed to all residents with email addresses on Thursday, May 2. You can also find the link on the resident website.

**Please complete the survey by Friday, May 17.**  
 Paper copies will be available at the Reception Desk.

The deadline for the next issue of West Winds is  
**Tuesday, May 14**  
**Submit all articles by**  
**12:00 p.m. via email at**  
**westwinds@goodwinhouse.org**